

To register for any of these programs or for more information contact the University of IL Extension, Stephenson County at

[go.illinois.edu/jsw](http://go.illinois.edu/jsw)

2998 W. Pearl City Road Freeport, Illinois 61032  
Phone:(815) 235-4125 Fax: (815) 232-9006

## Intro to Apple Tree Pruning: The Old & Neglected

January 22 from 10 to 12 pm **OR** 6-8 pm  
Highland Community College Conference Center, Bldg. H,  
Room 210, 2998 W. Pearl City Rd. - Freeport, IL

Join Grant McCarty, Extension Educator, for decisions you need to make when it comes to getting mature apple trees back into shape over the next couple of years. Topics to be covered include when to let go of trees, basics of seasonal/older pruning, disease/insect management, choices of tools, making the first cuts of a multi-year process, and working through visual examples of trees that have been neglected.  
**Cost is \$5/person & pre-registration is required by 1-20-20.**

## Driftless Region Beef Conference

January 30-31 Grand River Conference Center,  
Dubuque, Iowa

The conference will showcase the utilization of cover crops for feed by Midwest beef producers. Early registration is \$85/person & increases to \$115 after January 17. The conference website is:

<http://www.aep.iastate.edu/beef/> and is sponsored by ISU Extension and Outreach, Univ. of Illinois Extension, Univ. of Minnesota Extension, and Univ. of Wisconsin Extension.



## JOYS of Gardening

February 15 from 8:00 to 3:30

Highland Comm. College, Bldg. H, Student Conference Center,  
Freeport, IL

Attend this annual horticulture event of breakout sessions & keynote address, "10 Mistakes I Made in My Vegetable Garden

So You Don't Have To" by Megan Cain,  
Author, Speaker and Educator



Cost is \$15 for half day; \$25 for full day

## Nutrition/Wellness Classes

All classes at the Senior Activity Center, 216  
E. Stephenson St, Freeport, from 1-3 p.m.

For details on all classes, see our website:

[go.illinois.edu/jsw](http://go.illinois.edu/jsw)

**Cooking Under Pressure: Understanding Insta Pots and Air Fryers** - Thursday, January 30 \$5  
fee & Register by January 27

**Meals for a Healthy Heart (3 part series)** - Thursdays,  
February 13, February 20, February 27  
\$20 fee for all 3 days & Register by Feb. 10

**Understanding Arthritis** - Thursday, March 26,  
No fee & Register by March 23

**Diet Trends** - Thursday, April 23  
No fee & Register by April 20

**Activity Tracker** - Thursday, May 14  
\$5 fee & Register by May 11

**Culinary Herbs** - Thursday, June 25  
\$5 fee & Register by June 22



**Tomatoes and More** - Thursday, August 27  
\$5 fee & Register by August 24

**Digestive Health** - Thursday, September 24  
\$5 fee & Register by September 21

**Food and Mood** - Thursday, October 22  
\$5 fee & Register by October 19

**Holiday Berries** - Thursday, November 12  
\$5 fee & Register by November 9  
Class sizes limited & need 8 participants/class to hold.

## Certified Livestock Mgr. Training

Feb. 20, 9:00, Stephenson County Farm Bureau, 210 W.  
Spring St, Freeport, IL

Register online at: [go.illinois.edu/clmt](http://go.illinois.edu/clmt)

**Cost is \$35; if more than 1 employee from the same farm attend, additional fee is only \$25 (No Lunch)**

**Mark your calendar for these upcoming events too!**

- ~ January 25, 4-H Poultry Clinic, 10 to 11 am at Stephenson County Extension Office, Bldg. R, Freeport, IL
- ~ February 6, Illinois Dairy Summit, Steph. Co. Farm Bureau, 210 W. Spring St, Freeport, IL \$15/person
- ~ February 9, CPR & AED Certification Workshop, 12:30-3:00, Steph. Co. Ext. Office Bldg. R, Freeport, IL (call to register & cost)
- ~ February 15, 4-H Beef Weigh In, 9:00 am at Lena Vet Clinic (snow date is February 22)
- ~ February 18, PSEP TESTING ONLY, 10:00—Noon at Highland College, Bldg. H, room 201, no fee to test
- ~ February 20, Soil & Water Webinar, 9-2:00 at Steph. Co. Extension Office, Bldg. R, Freeport, \$45/per includes lunch
- ~ February 22, Let's Paint! 4-H workshop, 9:30-11:30 at Jellied Art Studio, 6 E. Stephenson St, Freeport, \$10 ages 8-18
- ~ February 26, US Crop Market Outlook, 10-Noon at Highland College Conf. Center, Bldg. H, Freeport, IL
- ~ March 7, 4-H SUPER Saturday Workshop, 9:00—Noon, at Steph. Co. Ext. Office, Freeport, IL—more details to come!
- ~ March 13-14, Boys Science Siesta, Discovery Center, Rockford, IL Overnight adventure for boys—more details to come!
- ~ March 25, 4-H Dog Classes Kick-Off Meeting, 6:30 pm at Stephenson County Extension Office, Bldg. R, Freeport, IL
- ~ March 31 & April 3, Certified Food Protection Mgr. Class, 8-4:00, Steph. Co. Farm Bureau, 210 W. Spring St, Freeport, IL \$100
- ~ April 3-4, Girls Science Siesta, Discovery Center, Rockford, IL Overnight adventure for girls—more details to come!
- ~ April 19, 13th Annual Foundation Pork Chop Dinner, 11:00—2:00, Freeport Eagles Club, more details to come!

**Your Local Stephenson County Extension Staff****Margaret Larson, Tri-County Director —**

Margaret provides leadership for all aspects of the University of Illinois Extension in the Stephenson, Winnebago, and Jo Daviess Counties.

**Stanley (Jay) Solomon, Energy and Environmental Stewardship Educator —**

Jay provides leadership in environmental and energy programs for landowners, homeowners, and residents. His areas of focus include: energy conservation, development of alternative energy sources, and enhancement and protection of natural resources.

**Grant McCarty, Local Foods Systems and Small Farms Educator —**

Grant works with backyard growers, producers, and other stakeholders in the local food system. His areas of focus include fruit and vegetable production.

**Diane Reinhold, Nutrition and Wellness Educator —**

Diane provides leadership in the Nutrition & Wellness programs for all ages of our local population as well as the Public Health & Dietetics areas.

**Phillip Alberti, Commercial Ag/Crop Science Educator—**

Phillip is a locally based commercial agriculture educator, that will address issues of high local relevance to crop producers throughout the state.

**Nikki Keltner, Program Coordinator —**

Nikki works with Extension Educators, staff, and Master Gardeners to develop, plan, and organize horticulture and gardening programs, and Ag and Natural Resources Programs, and coordinates the Master Gardener Program.

**Barbara Curry, INEP-Ed Coordinator, (Illinois Nutrition Education Program) —**

Barb provides educational programs on nutrition and healthy eating for underserved & low income populations and works with community partnering sites such as the Freeport Township, WIC, YMCA, Adult Daycare facilities, and Head Start.

**Rebecca Gocken, 4-H Youth Development Program Coordinator —**

Becky works with the 4-H program to coordinate activities for members and volunteers; she also works with community youth education programs.

**Deb Koch, Office Support Specialist — Unit 1** Deb handles all of the Unit financial activities and coordinates the human resources support.**Julie Miller, Office Support Assistant —**

Julie is the office receptionist, directs office activity, and provides program and staff support.



The University of IL Extension Office will  
be closed January 20, 2020.